



## North Shore Meals on Wheels – Non-Red Meat Entrée Menu

North Shore Meals on Wheels (NSMOW) delivers Mondays, Wednesdays, & Fridays on a 4-week rotation.

[www.carebc.ca/north-shore-mow](http://www.carebc.ca/north-shore-mow) | 604-922-3414 | [nsmow@carebc.ca](mailto:nsmow@carebc.ca)

2024			MONDAY	WEDNESDAY	FRIDAY
WEEK 1	Jan 15-Jan 19	Jul 29- Aug 2	<i>Cream of Vegetable Soup</i> <b>Three Cheese Tortellini</b> <b>Vegetables</b> <i>Cookie</i>	<i>Cream of Tomato Soup</i> <b>Battered Fish</b> <b>Rice &amp; Vegetables</b> <i>Fresh Orange</i>	<i>Corn Chowder</i> <b>Vegetable Tower with Tomato Sauce</b> <b>Vegetables</b> <i>Date Square</i>
	Feb 12-Feb 16	Aug 26-Aug 30			
	Mar 11-Mar 15	Sept 23-Sept 27			
	Apr 8-Apr 12	Oct 21-Oct 25			
	May 6-May 10	Nov 18-Nov 22			
WEEK 2	Jun 3-Jun 7	Dec 16-Dec 20	<i>Cream of Cauliflower Soup</i> <b>Curried Vegetable Stew</b> <b>Fried Rice</b> <i>Banana</i>	<i>Chicken Vegetable Soup</i> <b>Salmon Patty</b> <b>Pasta &amp; Vegetables</b> <i>Chocolate Mousse</i>	<i>Vegetable Soup</i> <b>Pasta Marinara</b> <b>Vegetables</b> <i>Apple Crumble</i>
	Jul 1-Jul 5				
	Jan 22-Jan 26	Aug 5-Aug 9			
	Feb 19-Feb 23	Sept 2-Sept 6			
	Mar 18-Mar 22	Sept 30-Oct 4			
WEEK 3	Apr 15-Apr 19	Oct 28-Nov 1	<i>Minestrone Soup</i> <b>Vegetable Stir-Fry</b> <b>Fried Rice</b> <i>Chocolate Cake</i>	<i>Cream of Broccoli Soup</i> <b>Fish &amp; Chips</b> <b>Vegetables</b> <i>Muffin</i>	<i>Cream of Potato Soup</i> <b>Vegetable Stew</b> <b>Mashed Potato &amp; Vegetables</b> <i>Coconut Cake</i>
	May 13-May 17	Nov 25-Nov 29			
	Jun 10-Jun 14	Dec 23-Dec 27			
	Jul 8-Jul 12				
	Jan 1-Jan 5	Jul 15-Jul 19			
WEEK 4	Jan 29-Feb 2	Aug 12-Aug 16	<i>Mulligatawny Soup</i> <b>Vegetarian Chow Mein</b> <b>Fried Rice</b> <i>Chocolate Brownie</i>	<i>Chicken Noodle Soup</i> <b>Seafood Casserole</b> <b>Rice &amp; Vegetables</b> <i>Butterscotch Pudding</i>	<i>Mushroom Soup</i> <b>Quiche Florentine</b> <b>Vegetables</b> <i>Fruit Cocktail</i>
	Feb 26-Mar 1	Sept 9-Sept 13			
	Mar 25-Mar 29	Oct 7-Oct 11			
	Apr 22-Apr 26	Nov 4-Nov 8			
	May 20-May 24	Dec 2-Dec 6			
Sandwich Packs			Turkey & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit
Frozen Breakfast			Bacon, Scrambled Eggs & Hash Browns	French Toast with Maple Syrup, Scrambled Eggs & Hash Browns	Three Cheese Omelette, Sausage & Hash Browns